

THE CLARITY Checklist™

A SIMPLE ALIGNMENT AUDIT
 A SIMPLE CHECKLIST TO HELP YOU IDENTIFY
 AREAS OF MISALIGNMENT IN YOUR LIFE.



PAUSE FOR A MOMENT.

This checklist is designed to help you identify areas where your life may feel misaligned, overloaded, reactive, or unsupported by healthy structure.



BEFORE YOU BEGIN

Check every statement that currently feels true in your life.
Use this checklist honestly — not emotionally.
The goal is awareness, not shame.

1 LIFE & MENTAL CLARITY



- ☐ I constantly feel mentally overloaded.
- ☐ My mind feels cluttered even when I try to rest.
- ☐ I struggle to focus on one thing at a time.
- ☐ I feel reactive instead of intentional.
- ☐ I start many things but struggle to finish them.
- ☐ I often feel behind no matter how hard I work.
- ☐ My responsibilities feel heavier than my current systems can support.
- ☐ I feel emotionally exhausted before the day even begins.

NOTES: _____

2 TIME & STRUCTURE



- ☐ My days feel unorganized or unpredictable.
- ☐ I do not have consistent routines that support my life.
- ☐ I regularly forget important tasks or responsibilities.
- ☐ I feel like I am constantly "catching up."
- ☐ I struggle with follow-through and consistency.
- ☐ My calendar is full, but my priorities are unclear.
- ☐ I spend more time reacting than planning.
- ☐ I often say "yes" without considering capacity.

NOTES: _____

3 PURPOSE & ALIGNMENT



- ☐ I know I am called to more, but my life feels disconnected from it.
- ☐ I feel unclear about my current season.
- ☐ My daily habits do not reflect the life I say I want.
- ☐ I feel pulled in too many directions.
- ☐ I struggle to identify what actually matters most right now.
- ☐ I often confuse movement with progress.
- ☐ I feel busy but not deeply fulfilled.
- ☐ I feel disconnected from who I am outside of serving others.

NOTES: _____

4 SPIRITUAL HEALTH



- ☐ My relationship with God feels inconsistent right now.
- ☐ I feel spiritually dry or emotionally distant.
- ☐ I spend more time consuming content than being still with God.
- ☐ I know biblical truth, but I struggle to apply it consistently.
- ☐ My faith feels disconnected from my daily lifestyle.
- ☐ I rely more on pressure than peace.
- ☐ I have neglected rest, reflection, or Sabbath rhythms.
- ☐ I feel spiritually tired instead of spiritually grounded.

NOTES: _____

5 LEADERSHIP, FAMILY & RESPONSIBILITY



- ☐ I carry responsibility for many people.
- ☐ I often feel needed by everyone at the same time.
- ☐ I struggle to balance leadership, work, family, and personal health.
- ☐ I feel guilty when I rest.
- ☐ I often help others while neglecting myself.
- ☐ I feel emotionally available for everyone except myself.
- ☐ I have difficulty creating boundaries.
- ☐ My support systems feel weak or inconsistent.

NOTES: _____

6 YOUR RESULTS



0-10 CHECKS

You may simply need small adjustments, clearer priorities, and stronger rhythms.

11-20 CHECKS

There are likely structural areas in your life creating unnecessary stress and mental overload.

21-30 CHECKS

You may be experiencing significant misalignment, decision fatigue, and operational exhaustion.

31+ CHECKS

Your current systems, rhythms, and responsibilities may no longer support your season of life. Clarity, structure, and intentional support are needed.

“CONFUSION IS OFTEN STRUCTURAL.
 PEACE IS OFTEN THE RESULT OF ALIGNMENT.”

*You do not need more pressure.
 You need clarity, structure, support,
 and sustainable rhythms.”*

NEXT STEPS

Choose **ONE** area to focus on first:

- | | |
|--|--|
| ☐ Mental Clarity | ☐ Family Structure |
| ☐ Time Management | ☐ Purpose & Direction |
| ☐ Spiritual Consistency | ☐ Rest & Recovery |
| ☐ Leadership Balance | ☐ Healthy Routines |



REFLECTION

What is the biggest area of misalignment currently affecting your life?

